

MARISSA “Rizzo” NICHOLS

BLND Health | 1934 Livernois Rd., Troy, MI 48083 | marissanichols@blndhealth.com

CERTIFICATION

Naropa University, Boulder, CO

Center for Psychedelic Studies | Certificate in Psychedelic-Assisted Therapies
May 2023 - Dec 2023

University of Michigan, Ann Arbor, MI

Sexual Health Certificate Program | Dual Track in Sex Therapy and Sexual Education
Apr 2022 – Apr 2023

EDUCATION

University of Michigan, Ann Arbor, MI

MSW, Interpersonal Practice in Mental Health Concentration, Dec 2020
GPA 4.0

University of Michigan, Ann Arbor, MI

BA Psychology, Community Action and Social Change minor, May 2019
With Distinction and Honors; GPA 3.836

PROFESSIONAL EXPERIENCE

BLND Health, MI

Lead Therapist, August 2023 – Present

- Provide outpatient therapy and wellness services (virtual + in person) to individuals and groups.
- Partner with **Michigan Progressive Health** to provide access to ketamine-assisted psychotherapy.
- *Responsibilities include:* Manage a clinical case load. Develop and implement treatment plans. Facilitate a weekly IOP group at local substance-use recovery center. Outreach with community partnerships. Content creation for psychoeducation.

Dream Catchers Well-Being, LLC, Dearborn, MI

Individual and Family Psychotherapist, February 2021 – March 2023

- Provided outpatient psychotherapy sessions serving adolescents, adults, couples, and families
- *Responsibilities include:* Manage clinical caseload of 20+ clients. Assess and diagnose mental health and substance use disorders. Develop and implement treatment plans. Attend weekly individual supervision meetings. Attend monthly group supervision. Confirm insurance benefits and create billing logs.

Intern, Jan 2020 – Dec 2020

- Provided pro bono outpatient psychotherapy sessions serving adolescents, adults, couples, and families
- *Responsibilities include:* Manage clinical caseload of 8 clients. Assess and diagnose mental health and substance use disorders. Develop and implement treatment plans. Attend weekly supervision meetings. Attend monthly group supervision

COMMUNITY EXPERIENCE

Midweek Meditation, Boston Tea Room, Ferndale, MI

Volunteer Meditation Facilitator, Dec 2023 – Present

- Facilitate monthly guided group meditations for local folks of all ages, backgrounds and contemplative traditions.

Progressive Muscle Relaxation + Guided Meditation Workshop, Electric Forest, Rothbury, MI

Facilitator, June 2023

- Hosted a shared mindfulness practice and skill demonstration on Progressive Muscle Relaxation followed by a self-authored guided meditation for 100+ people.

Sexperteam, UM University Health Services, Ann Arbor, MI

Facilitator, Sept 2015 – Apr 2019

- Delivered comprehensive education about sexual health and healthy relationships on-campus. *Responsibilities Include*: Facilitated Relationship Remix, a workshop about relationships, sex, and decision-making for first-year students in residence halls. Hosted annual three-day conference about sexual health in the winter semester.

Psi Chi, UM Psychology Department, Ann Arbor, MI

Member, Feb 2017 – May 2019

- *Responsibilities Include*: Served on an international psychological honor society. Participated in expansive service learning to better the community. Networked with current members and alumni. Maintained academic excellence in psychology courses.

Alpha Gamma Delta Fraternity, Alpha Beta Chapter, Ann Arbor, MI

Sept 2016 – May 2019

Pledge Class President, Nov 2016 - Apr 2017

- Organized pledge class bonding for new members. Served as a liaison between senior and new members and communicates the requests of the new members.

Publications Coordinator, Dec 2016 – Dec 2017

- Coordinated fraternity's composite photos and documented chapter events in a scrapbook.

Vice President of Administration, Dec 2017 – Dec 2018

- Documented chapter minutes during meetings for international records. Managed attendance and organized excuses to mandated events to ensure chapter participation.

RESEARCH EXPERIENCE

Senior Honors Thesis, UM Psychology Department, Ann Arbor, MI

Principle Investigator, Sept 2018 – May 2019

- Conducted a two-term research project that investigated the presence of verbal sexual consent in erotic literature
- *Responsibilities include*: Recruited participants. Collected and analyzed data. Authored report. Presented findings at forum. Submitted manuscript for publication.

Stigmatized Sexualities Lab, Ann Arbor, MI

Research Assistant, Sept 2016 – May 2019

- The Stigmatized Sexualities Lab examined people's reactions to and the experiences of sexually stigmatized individuals (e.g., LGBTQ+ individuals, individuals engaged in non-normative relationships).
- *Responsibilities include*: Analyzed data. Composed literature reviews. Generated surveys. Conducted participants in research experiments.

Lab Manager, Jan 2018 – Sept 2018

- Served as liaison in communication between professor, graduate students, and the rest of lab.
- *Responsibilities include*: Attended additional meetings. Supervised lab members. Generated task list for research assistants.

PUBLICATIONS

- Piemonte, J., Gusakova S., Nichols, M., & Conley, T (2020). *Is Consent Sexy? Comparing Evaluations of Written Erotica Based on Verbal Sexual Consent*. *Psychology & Sexuality*, 11(4), 270-292.

TEACHING EXPERIENCE

University of Michigan Psychology Department, Ann Arbor, MI

Graduate Student Instructor, Introduction to Psychology as a Natural Science, Sept 2020 – Dec 2020

- Facilitated three online discussion sections and hosted virtual office hours weekly.
- *Responsibilities include*: Created course content and lesson plan weekly. Proctored quizzes and graded written assignments. Hosted office hours for students weekly. Facilitated exam reviews sessions.

Graduate Student Instructor, Introduction to Psychology, Jan 2020 – May 2020

- Collaborated with primary instructor to assist with functionality of 300+ person course.
- *Responsibilities include:* Reviewed curriculum and lesson plan. Constructed, proctored, and graded exams and assignments. Hosted office hours for students weekly. Facilitated exam reviews sessions. Attended teaching staff meetings twice weekly.

Graduate Student Instructor, Psychology of Human Sexuality, Sept 2019 – Dec 2019

- Facilitated three discussion sections and hosted student office hours weekly.
- *Responsibilities include:* Developed curriculum and lesson plan. Constructed, proctored, and graded exams. Attended weekly teaching staff meetings and collaborate with professor. Delivered lecture in 200+ class setting.

Undergraduate Teaching Assistant, Psychology of Human Sexuality, Sept 2017 – Dec 2017; Sept 2018 – Dec 2018

- Served as liaison between students and teaching staff. Selected by professor to assist with review and creation of course content.
- *Responsibilities Include:* Organized class data and student feedback. Attended weekly teaching staff meeting with professor. Networked with guest speakers. Assisted with discussion section content.

AWARDS & HONORS

Sidney Fine Award for Undergraduate Teaching, The College of Literature, Science, and the Arts, May 2019

University Honors, University of Michigan, 2016 - 2019

Buff Academic Honor Society, Alpha Gamma Delta International Fraternity, 2016 – 2018